

Home Grown: Menus of Wisconsin



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Introduction

Developed by Wisconsin Team Nutrition (WI TN) in partnership with the University of Wisconsin Center for Integrated Agricultural Systems (UW-CIAS), the *Home Grown* menus provide comprehensive materials for a three-week lunch cycle menu, including recipes, production record templates, and menu certification workbooks. This cycle menu complies with the nutrition standards and meal pattern requirements of the Healthy, Hunger-Free Kids Act of 2010 (HHFKA), including the whole grain-rich requirements and sodium limits that went into effect for the 2014-15 school year.

The *Home Grown* menus were developed by using a combination of from-scratch recipes submitted by Wisconsin school food service personnel and convenient, ready-made products. The menus use a large variety of products available in Wisconsin through the USDA Foods program and products grown and produced in our great state. The menus were developed to be used in the winter when a variety of signature Wisconsin crops are available such as apples, cranberries, winter squash, potatoes, and dairy products.

The *Home Grown* resource includes:

- A collection of over 40 recipes, including recipes developed by Wisconsin food service personnel;
- Menu planning worksheets to show how the weekly menus meet HHFKA meal patterns;
- Daily production record templates;
- 6 cents certification workbooks;
- Decorative menus with Smarter Lunchroom names; and
- Grab ‘n’ Go meal suggestions.

The *Home Grown* menus were designed to be a time-saving resource for foodservice professionals that could easily be used in school food service as written. However, WI TN recognizes that there is no “one size fits all” approach to feeding students. Therefore, all materials can be modified to work in each individual school. It is important to note that the completed materials have been based on the prototype menus exactly as written, without any alterations. When making any changes to menu items, recipes, portions sizes, or quantities prepared, changes must also be made to the menus, planning worksheets, recipes, production records, and certification workbooks.

WI TN would like to acknowledge the following people for contributing to this project:

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Menus

The *Home Grown* menus (Appendix A) were designed with careful consideration to cost, food variation, and labor. The three-week cycle menu was written in order to be used in coordination with the *On, Wisconsin! Menus*, however, it may be used as a stand alone resource. The recipes selected for inclusion were inspired by seasonal foods ideal for winter, but could be served throughout the school year. The menus include many Wisconsin products that are available throughout the winter to allow schools the opportunity to begin or expand a farm to school program if desired.

Decorative menus have been developed and are available for the K-12, K-8, and 9-12 grade groups. If no alterations are made to the menus, a ready-to-print PDF format is available for each grade group. Additionally, menus are available in a customizable PowerPoint format. This version also includes a weekly menu format.

Recipes

The recipes included in the *Home Grown* menus were compiled from recipes submitted by Wisconsin schools and recipes developed by USDA or other state agencies. All recipes submitted by Wisconsin schools were originally standardized by a University of Wisconsin – Madison dietetics students under the supervision of a university staff member. However, recipes should be tested for yield and standardized to suit your operation. Recipe standardization is important as it allows for consistent quality and nutrient content, helps control costs, and eases kitchen workflow. Information on recipe standardization is available at http://fns.dpi.wi.gov/fns_menupln#rr. Additionally, a standardized recipe checklist has been developed and is available at http://fns.dpi.wi.gov/files/fns/pdf/ra_stand_cl.pdf. **Please note, any modifications to a standardized recipe will likely alter the nutrient content of the food and may change the way it credits.**

WI TN recognizes that not all recipes may work in your school. While a large number the recipes were submitted by Wisconsin food service personnel, it is important to note that students in your district may not be receptive to new items. It is recommended that you conduct taste tests of new menu items to test acceptability prior to menuing the items and make substitutions in the *Home Grown* menus as needed. If recipe substitutions are made, additional changes may be required to maintain meal pattern compliance. Menu planning worksheets have been developed for each week of menus. These worksheets show how each food item is contributing to the meal pattern. It is recommended to use these worksheets when making substitutions to identify any changes to meal pattern components.

Menu Certification

Weekly 6 cents certification workbooks have been developed for the *Home Grown* menus. These workbooks are designed to be a starting point for schools. If you choose to implement the menus and use one of its weeks for the menu certification process, you will need to make the

appropriate changes to the workbooks to reflect your own program. In addition, a full nutrient analysis was conducted on each menu. The calories, sodium, and saturated fat content of each individual product are included in the workbooks. WI TN used the USDA National Nutrient Database for Standard Reference (<http://ndb.nal.usda.gov/>) and information from the USDA Foods product sheets when completing the nutrient analysis. You should update the nutrient information with product-specific nutrient content when applicable (e.g. condiments, breads/rolls, milk, etc.).

The workbooks are not reflective of a school using *Offer vs. Serve*. The workbooks were completed as if every student receives one serving of every menu item offered. If your program uses *Offer vs. Serve*, you will need to change the planned number of servings for each item. Please note that *Offer vs. Serve* is required for the 9-12 grade group. Minimal condiment offerings are listed in the workbooks. Your workbook should be updated to include the actual information of the condiments that you offer in your program. We encourage limiting condiments in order to control calories, sodium, and saturated fat in the menu. If you provide condiments in addition to or in excess of those listed on the menu, changes to the workbook will be required. Additionally, many fresh fruits are featured on the menus, and all canned fruits used are packed in juice. If you offer different forms of fruit, the calories will be affected; therefore these changes should be reflected in the workbook.

Grab ‘n’ Go

In addition to the three-week cycle menu, five Grab ‘n’ Go meals were developed (Appendix B). These meals are designed to provide healthy and diverse alternatives to the standard meals for high school students. They can be used on a weekly basis as written or added to your current “second choice” options. A menu certification workbook with the Grab ‘n’ Go meals has been developed for your use. Additionally, the Grab ‘n’ Go meals are added as a second choice option to the three weeks of cycle menu workbooks.

The 9-12 Grab ‘n’ Go meals are modified to meet the meal pattern and nutrient specifications for the K-8 grade group. However, if used for the K-8 grade group, the menus should not be served in order from Monday through Friday. Rather, they should be planned for service in order to ensure weekly minimums are met. For example, if a Grab ‘n’ Go meal offers only 1 oz. equivalent meat/meat alternate, the meal should be menued on a day when the standard line option provides only 1 oz. equivalent meat/meat alternate to ensure weekly minimums are met. Alternatively, the Grab ‘n’ Go meal could be modified to provide an increased serving of meat/meat alternatives. It is important to note that if changes are made to the planned meals the calorie, sodium, and saturated fat content of the meal will be impacted and other changes to the menus may be required.

Smarter Lunchrooms

Smarter Lunchrooms are designed to lead children to make healthy choices while providing them with the ability to continue to make choices. Instead of requiring students to take a food, smarter lunchroom techniques allows students to select healthy choices by making these foods the most appealing. The techniques are based on using environmental cues to increase student selection of

healthy meal options and decrease plate waste. The *Home Grown* menus were designed with two smarter lunchroom techniques in mind: creative naming of targeted foods and healthy convenience lines.

Creatively naming menu items and displaying those names near the food has been shown to increase consumption of a targeted item by 40-70%. This technique has been shown to be especially successful in increasing vegetable selection. Vegetables are frequently overlooked because they are downplayed with boring names that do nothing to entice a student to select them. By giving vegetables creative names and moving them into the spotlight, you have increased students' taste expectations. By making the vegetables sound more appealing you will increase the likelihood of students selecting and eating the vegetables. WI TN has developed a list of vegetable dishes included in the *Home Grown* menus and provided each vegetable with Smarter Lunchroom names for K-5, 6-8, and 9-12 (Appendix C).

To maximize the impact of creatively naming your food items, be sure to utilize the Smarter Lunchroom signage materials that were mailed to all School Food Authorities (SFA) during the summer of 2014. Each SFA received 10 mini-signs and sign holders per school that are to be displayed on the service line. It is recommended that menu names are written on the signs and placed on the line to encourage the selection of menu items. To request additional sets of signs or holders, please email DPIFNSTeamNutrition@dpi.wi.gov.

Time and convenience greatly influence students' choices. During the busy lunch period, students will often grab a snack or skip lunch rather than wait in a long line for a meal. Hungry students who are pressed for time are more likely to select fast, convenient foods. This can be used to your advantage by developing healthy and convenient reimbursable meals. Healthy express lines have been shown to increase selection of nutrient dense foods by over 30%.

The *Home Grown* menus include five reimbursable meals that can be used as part of a healthy meal convenience line. Express lines should include healthy sandwiches, prepackaged salads, raw veggie packs, whole fruits, sliced fruit cups or bags, and milk. Specific signage for these meals should be created to ensure students understand all the components of a reimbursable meal. Consider using the dry-erase menu posters developed by WI TN near the express line to help students recognize the components of a full meal.

Tips to Increase Vegetable Selection

- Give vegetables creative or descriptive names. Use the names provided in Appendix E or develop your own names. Display these names on signs placed on the serving line by the vegetables.
- Create a Student Nutrition Action Committee of students who are responsible for naming veggies and developing signage.
- Display the creative and descriptive names on a poster or menu board outside the cafeteria.

Tips to Increase Targeted Entrée/ Reimbursable Meal Selection

- Give targeted entrées creative or descriptive names and display these names on signs placed on the serving line and on a menu board outside the cafeteria.
- Create a healthy-items-only convenience line or specific Grab 'n' Go window/cooler.

Recipe Resources

C.H.E.F. Cookbook and Promising Practices: Maryland's 2009 Team Nutrition Grant

http://healthymeals.nal.usda.gov/hsmrs/Maryland/CHEF_Cookbook.pdf

Cranberry Marketing Committee

<http://www.uscranberries.com/Images/News/544/AW0722141355.pdf>

Healthier Kansas Recipes

http://www.kn-eat.org/snp/snp_menus/snp_resources_healthier_kansas_menus.htm

Iowa Gold Star Recipes

<https://www.educateiowa.gov/document-type/iowa-gold-star-cycle-menus>

Let's Cook Healthy School Meals

<http://www.projectbread.org/reusable-components/accordions/download-files/school-food-cookbook.pdf>

Now We're Cooking

<http://www.health.state.mn.us/divs/hpcd/chp/cdrr/nutrition/greattrays/pdfs/NowCooking.pdf>

USDA Recipes for Schools

www.nfsmi.org/Recipes

Appendix A – Home Grown Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Oven Baked Chicken Curried Rice Broccoli Mandarin Oranges Apple Crisp Milk Choice	Sloppy Joe on a Bun Crunchy Carrots and Celery Creamy Hummus Dip Green Grapes Canned Pineapple* Baked Chips** Milk Choice	Loaded Pork Tacos Refried Beans Corn Sliced Pears Fresh Melon Cup* Chocolate Pudding ⁺ Milk Choice	Spaghetti with Meat Sauce Breadstick Romaine Salad with Dressing Sliced Peaches Banana* Milk Choice	Sweet and Sour Chicken Brown Rice Asian Medley Vegetables Apple Slices Strawberry Cup Snickerdoodle* Milk Choice
Philly Chicken Sub Crunchy Carrot Sticks with Dip French Fries Canned Pineapple* Melon Cup Milk Choice	Cheesy Omelet with Salsa Harvest Apple Muffin Sweet Potato Tots Canned Pears Yogurt and Granola* Milk Choice	Chicken Nuggets Butternut Squash Mac and Cheese Romaine Salad with Dressing Strawberry Cup* Canned Peaches Milk Choice	Hamburger on a Bun Apple Cranberry Coleslaw Baked Beans Potato Wedges Fruit Cocktail Milk Choice	Stromboli with Marinara Sauce Green Beans Citrus Fruit Cup Oatmeal Cookie Milk Choice
Toasted Cheese Sandwich Minestrone Soup Cottage Cheese* Potato Wedges Fresh Pear* Pineapple Chunks Milk Choice	Chicken Alfredo Cheesy Garlic Bread* Peas Cherr-ific Salad Vanilla Apples with Raisins Milk Choice	Turkey and Cheese Sub Sweet Cinnamon Squash Crunchy Carrot Sticks and Dip Canned Peaches Baked Chips** Milk Choice	Pizza Sticks with Marinara Sauce Bean Salad Corn* Razy Cran-Grape Gelatin with Whipped Topping Milk Choice	Chicken Pot Pie Dinner Roll with Butter* Broccoli with Cheese Sauce Strawberries and Bananas Clementine Milk Choice

All grains are whole grain rich.

*Applies to 9-12 menus only

**Indicates an “extra” item that does not contribute to the meal pattern.

Milk Choice includes:

- 1% White
- Skim White
- Skim Chocolate

Appendix B – Grab ‘n’ Go Menu

Grab ‘n’ Go				
<p>Tuna Salad Sandwich Carrots and Jicama with Dip Applesauce Cup Assorted Whole Fruit* Baked Chips** Milk Choice</p>	<p>Berry Chicken Salad Dinner Roll Canned Peaches Assorted Whole Fruit* Milk Choice</p>	<p>Greek Turkey Pita Carrots and Cucumbers with Dip Fresh Melon Cup Assorted Whole Fruit* Milk Choice</p>	<p>Taco Salad Southwest Salsa Strawberry Cup Assorted Whole Fruit* Milk Choice</p>	<p>Chicken Caesar Wrap Tomato Corn Salad Crunchy Carrot Sticks and Dip Grapes Assorted Whole Fruit* Oatmeal Cookie Milk Choice</p>

All grains are whole grain rich.

*Applies to 9-12 menus only

**Indicates an “extra” item that does not contribute to the meal pattern.

Milk Choice includes:

- 1% White
- Skim White
- Skim Chocolate

Appendix C – Smarter Lunchroom Names

		K-5	6-8	9-12
WEEK 1	Monday	Colorful Curried Rice	Colorful Curried Rice	Colorful Curried Rice
		Wild Broccoli Trees	Bright Green Broccoli	Vitamin Rich Steamed Broccoli
	Tuesday	Crunchy Carrots and Celery	Crunchy Carrots and Celery	Crunchy Carrots and Celery
		Creamy Hummus Dip	Creamy Hummus Dip	Creamy Hummus Dip
		Fresh Green Grapes	Fresh Green Grapes	Fresh Green Grapes
	Wednesday	Loaded Pork Tacos	Loaded Pork Tacos	Loaded Pork Tacos
		Fiesta Refried Beans	Fiesta Refried Beans	Fiesta Refried Beans
		Golden Corn	Golden Corn	Golden Corn
	Thursday	Mighty Spaghetti and Meat Sauce	Savory Spaghetti and Meat Sauce	Savory Spaghetti and Meat Sauce
		Super Hero Salad	Crisp Romaine Salad	Crisp Green Salad
Friday	Sweet and Sour Chicken and Rice	Sweet and Sour Chicken and Rice	Sweet and Sour Chicken and Rice	
	Asian Medley Vegetables	Asian Medley Vegetables	Asian Medley Vegetables	
WEEK 2	Monday	Philly Chicken Sub	Philly Chicken Sub	Philly Chicken Sub
		Crunchy Carrots	Crunchy Carrots	Crunchy Carrots
		Fresh Melon Cup	Fresh Melon Cup	Fresh Melon Cup
	Tuesday	Cheesy Omelet	Cheesy Omelet	Cheesy Omelet
		Harvest Apple Muffin	Harvest Apple Muffin	Harvest Apple Muffin
		Super Sweet Potato Tots	Tasty Sweet Potato Tots	Smooth Yogurt & Crunchy Granola
				Superb Sweet Potato Tots
	Wednesday	Creamy Butternutty Mac and Cheese	Creamy Butternutty Mac and Cheese	Creamy Butternutty Mac and Cheese
		Vibrant Veggie Salad	Garden Fresh Salad	Fresh Garden Salad
	Thursday	Tangy Apple Cranberry Coleslaw	Tangy Apple Cranberry Coleslaw	Tangy Apple-Cranberry Coleslaw
		Baked Bean Bonanza	Cowboy Beans	Texas-style Baked Beans
		Toasted Potato Wedges	Toasted Potato Wedges	Toasted Potato Wedges
	Friday	Scrumptious Stromboli	Scrumptious Stromboli	Italian Seasoned Stromboli
		Groovy Green Beans	Great Green Beans	Steamed Green Beans
		Citrus Fruit Cup	Citrus Fruit Cup	Citrus Fruit Cup

WEEK 3	Monday	Mouth-Watering Minestrone Soup	Mouth-Watering Minestrone Soup	Mouth-Watering Minestrone Soup
		Oven Roasted Potato Wedges	Oven Roasted Potato Wedges	Oven Roasted Potato Wedges
	Tuesday	Creamy Chicken Alfredo	Creamy Chicken Alfredo	Creamy Chicken Alfredo
				Cheesy Garlic Bread
		Power Peas	Vibrant Green Peas	Vibrant Green Peas
		Cherr-ific Salad	Cherr-ific Salad	Cherr-ific Salad
	Wednesday	Sweet Cinnamon Squash	Sweet Cinnamon Squash	Sweet Cinnamon Squash
		Crunchy Carrot Sticks	Crunchy Carrot Sticks	Crunchy Carrot Sticks
	Thursday	Zesty Bean Salad	Italian Bean Salad	Italian Bean Salad
				Golden Corn
		Razzy Cran-Grape Gelatin	Razzy Cran-Grape Gelatin	Razzy Cran-Grape Gelatin
	Friday	Hearty Chicken Pot Pie	Hearty Chicken Pot Pie	Hearty Chicken Pot Pie
		Go-Pack-Go Broccoli	Go-Pack-Go Broccoli	Green and Gold Steamed Broccoli